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ideas to help you
conserve energy

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Publications

our kitchen



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the oven and range

1. A complete oven meal is an economical use of the oven. Choose foods that cook for the same length of time at the same temperature. Don't use the oven to heat your kitchen. Oven heat will not circulate efficiently or economically.
2. If you cook three dishes of food at once, you use less energy than it takes to cook each separately. If you have three dishes to be cooked at slightly different temperatures (say 325, 350, and 375 degrees), pick the mean temperature (350) to cook all three. Remove each one as it's done.
3. You can warm foods and plates with retained oven heat and use no additional energy in the process.
4. Bake two dishes at once. Freeze one for later use after it has cooled to room temperature.
5. Avoid opening the door to "oven peep." It wastes heat.
6. When baking in glass or glass ceramic you may lower the oven setting 25 degrees. These materials transfer heat better than metal.
7. Preheating is often unnecessary. Generally, any food, other than cakes and pastries, requiring more than a full hour of cooking time may be placed in a cold oven.

small appliances

13. Electric skillets, toasters, waffle irons, electric grills, popcorn poppers, electric fondues, and bean pots use less electricity than your range for specialized jobs. For example, it costs three times as much to toast bread in an oven as in a pop-up toaster. These small appliances are an economical way to prepare small meals. To be on the efficient side, always make sure the appliances are turned off when you finish using them. Unplugging them when they're idle is also good safety practice.

RANGE TOP COOKING

8. With covered pots and pans, you can use lower heat settings. Less heat escapes. The tighter the lid the better. Also utensils should have flat bottoms to make firm contact with the surface elements.
9. Use the right size pan for the surface unit. The bottom of the pan should cover the element, but not extend more than an inch beyond the outer ring of the element.
10. Surface elements have infinite heat settings. Dial any number of heats between high low settings. The heat at a given setting is always the same. Low or simmer settings use less energy than high settings.
11. Use high heat to bring water to a boil, then reduce heat to simmer. Small amounts of water heat faster and consume less energy. Use two to four tablespoons of water for packaged frozen vegetables and $\frac{1}{3}$ to $\frac{1}{2}$ cup of water for fresh vegetables.
Some fresh foods that are high in water content — such as tomatoes, spinach, apples, and rhubarb — can be cooked without water.
12. Instead of heating water in a pan, use a kettle. You'll save money in the long run.



14. Some portable appliances double as serving dishes. They cut down on the number of dishes to be washed, reducing hot water and dishwasher loads.
15. Keep portable cooking appliances out of drafts. The circulating cool air can reduce their efficiency.
16. By dividing an electric skillet or fry pan with foil inserts, you can prepare several small dishes at the same time.

the dishwasher



17. Your dishwasher is most economical at full capacity. Do dishes from several meals at one time. You can accumulate the dishes and store them until late evening or the next morning.
18. Your dishwasher manual gives instructions on correct loading of your particular model. Loading items in their proper places will ensure operating efficiency and cleaner dishes.
19. If not enough detergent is used, dishes and glasses may not be thoroughly clean after a cycle. To avoid having to do the dishes over again, use the correct amount and type of detergent necessary to soften water.
20. Debris in the dishwasher pump can hamper the machine's efficiency. Scraping excess food from plates, especially bones and seeds, can prevent this accumulation. Also, check the filter screen over the drain in the dishwasher regularly and remove any particles.

your hydro

